

WOW News



Body in Motion

A study released 5/22/03 by the Governor's Council on Physical Fitness, Health & Sports stated over **55% of Michiganians are physically inactive, which increases the risk of preventable illnesses and premature deaths.**

A person is "physically" active when he/she is involved in moderate activity for 30 or more minutes at least five days a week. Some examples of moderate physical activity are dancing, swimming, brisk walking, raking leaves, and jogging.



Walking Michigan is:

- **FUN** and enjoyable
- **FREE** for all
- **Favorable** to health



Move it!

Make it fun!

Enjoy being active!

Combine your daily activities AND sources of fun.

You want exercise to be

- something you look forward to doing
- something that you feel enjoyment in doing
- with someone who is already physically active;as an exercise "buddy"
- a priority

Walk Michigan!

Walk Michigan! was created to encourage walking and exercise through the use of Michigan's recreation & park facilities, and programs. Check the Walk Michigan Events Calendar for what's happening.

Increase your exercise to 45 minutes and more as you Work On Your Wellness.

WOW News, June issue encouraged you to start with the 10,000 Steps A Day Program. Take a moment to visit this site.

Ask yourself:

"What is so important in my life that I can't work on making exercise a priority?"



Did you purchase a pedometer?

Remember: Keep it Simple. You only want to count the number of steps.

Click on the Department of Natural Resources website for more on **walking**, **biking**, and **hiking trails** in Michigan. **Get out and experience the beauty of Michigan. Lace up & walk your shoes!**

July 2003

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Keep Nutrition Simple—5 A Day

Eating 5 A Day of fruits and vegetables is minimal for good nutrition.

Eating 5—9 is better!

5—9 daily will reduce the risk of cancer, heart disease, high blood pressure, diabetes, and macular degeneration for adults & children alike.

All kinds of fruits & vegetables—fresh, frozen, dried, canned, and 100% juice count toward eating 5+ A Day.

A serving =

Ask yourself:

"Why is it so important for me to eat unhealthy foods that I would place myself and my family at risk for ill-health?"

OK! Stand up; take a deep breath, hold for 10 seconds, and blow it out.



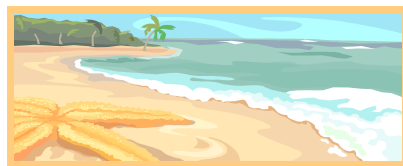
Smile, and start **Working**
On your **Wellness** today.



Cope-UP: Stress-Down

The Journey to Forgiveness

"Taking charge of the way we respond to another's behavior is healthy, and positive...Forgiveness is letting go of resentment, and finding peace within oneself...That's why forgiveness can improve health." says Frederic Lusken, Ph.D., a researcher with Stanford University, who has written "Forgive for Good: A Proven Prescription for Health and Happiness".



Ways to find forgiveness:

- Examine your feelings and identify **what is not OK** with the situation.
- Remember **your goal is to find peace**.
- Focus on **something you enjoy**.
- List **positive ways** to resolve the problem.
- **Don't expect** others to make things go your way.
- **You have the "power" to change yourself**.
- It takes time; **you can move on and have a healthier life**.

Be a "Self-Changer"

What does this mean?

Change is a process that involves any activity one does to help modify thinking, feelings, or behavior. Think of a time when you successfully changed a behavior or habit, something you did for years without thinking. The change was probably not easy, nor occurred overnight. You may have experienced various levels of progress before you reached your goal.

The **process of change** is divided into **6 stages**:

1. **Precontemplation**
2. **Contemplation**
3. **Preparation**
4. **Action**
5. **Maintenance**
6. **Termination.**



Understanding these stages is the key to successful change.

People who try to accomplish changes they are not ready for, set themselves up for failure, according to James O. Prochaska Ph.D., who wrote "Changing for Good".

Watch for future **WOW** News, and learn how to "Be a Self-Changer".

I Care: Self-Help

June is **Vision** Research Month

Hey, those shades you're wearing not only make you look cool, but they do a great job protecting your baby blues (or browns or greens). **Did you know that the sun poses one of the biggest dangers to your eyes?** UV damage to the retina may be a factor in macular degeneration, a leading cause of blindness in the United States. Just wearing sunglasses is not enough. Sunglasses that don't screen out UVA rays can actually be worse than nothing because



the dark lenses allow the pupil to dilate, allowing more of the dangerous UVA radiation into the eye, to damage the lens and retina.

- **Look for sunglasses to block 99-100% of UVA or UV400.**

- **The most effective lens colors are gray, brown, or green, in that order.**

- **They should be dark enough to hide your eyes when you look in a mirror.**

- **Sunglasses that sit close to your eyes and wrap around the temples are most effective at keeping the sun out. Using a visor, as well, is even better.**

So wear your 99-100% UVA blocking sunglasses, and make sure to teach your children to wear them.

Children less than 10 years old can be particularly sensitive to sun damage. **Set a good example and teach them early that shades are cool.**

drgreene.com

Assessing My Health Needs

It is as simple as this: eating healthy and being physically active is **GOOD** for you. See how you score by doing the

Living Smart Quiz

- Click on the above link for the quiz
- Print yourself a copy
- Answer "yes" or "no" for the 12 life-style behaviors/habits

- Count-up the "yes" answers
- Read "How do you rate?"

Diet alert!

Not bad!

Good for you!

The June **WOW** News, "Assessing My Health Needs", started a **monthly series** on the "lifestyles" assessed in the Living

Smart Quiz. Each month will have the "Quiz" **plus** a "featured" healthy behavior link for ways to make a few simple changes in your everyday life, so **you and your family can have the BEST OF HEALTH.**

The American Cancer Society has "**Eating Well & Being Active**" for you to visit and learn more about **WOW—Working On Wellness.**

Yummy



Recipe

Quick Chicken Parmesan

Serves 4

4 boneless chicken cutlets, 4 oz. each

1½ tbsp olive oil

Salt to taste

Freshly ground black pepper

½ tsp dried oregano or Italian seasoning

Flour for dredging

2 cups tomato sauce

¼ cup low-fat shredded mozzarella cheese

¼ cup freshly grated Parmesan cheese

Preheat oven to 375°

Lay the chicken between two pieces of waxed paper. Pound each cutlet with the flat end of a mallet until thin. Heat the olive oil in a large, nonstick skillet. While the oil is heating, season the chicken with salt, pepper, and oregano or Italian seasoning and dredge it in flour. Saute the chicken over medium-high heat until golden brown, about 2 minutes on each side. Transfer the chicken to a shallow bak-

ing dish. Pour the tomato sauce over the chicken and sprinkle with both cheeses.

Bake 15-20 minutes until the sauce is bubbling and the cheese is melted and lightly golden. Let stand for 5 minutes before serving.

For the nutrition facts and more good recipes, visit FOODFIT.

Personal Stories

What worked BEST for you?

You are invited to [share your personal story](#) (200 words or less) [about how you improved your eating and exercise habits](#); or share a story [about your worksite wellness group activities](#).

With your consent, we may use your story in one of our newsletters.

If you would like us to use your name or a digital picture, let us know.

All e-mailed stories will be regarded with the highest level of confidentiality.

[Grant permission](#) to use your personal or worksite wellness

We hope you will contact us and share your personal or worksite wellness story.

Let us know
if you are a
worksite wellness coordinator